



## Discover healthy & fun opportunities for you at HAPPENINGS!

There's a lot going on at CMH, with events and classes to interest everyone. From diabetes education to childbirth education, check out the [cloquethospital.com](http://cloquethospital.com) "Happenings" link at the top of the site. Filter by month, by topic or just browse through our offerings. They're easy to locate, read about and attend.

## A clean and simple CPAP solution

**S**OCLEAN is the answer to your CPAP cleaning needs. The automated device will sanitize and disinfect your respiratory equipment without using water or chemicals, killing 99.9% of common germs and bacteria as a result.

The SoClean device is available through the Home Respiratory Care program at CMH. Call Becky Larsen, Director of Medical Equipment & Supplies, at 218-878-7043 for more information.

## Gift shop welcomes visitors

**V**isit the gift shop for unique items ranging from apparel and fashion jewelry, to greeting cards and other souvenirs. Staffed by 24 volunteers, all profits from the gift shop go to the Hospital Auxiliary.

The Gift Shop is open M-F, 9:00am to 3:30pm; Sat, 10am to 3pm.



\*\*\*ECRWSS EDDM\*\*\*  
Postal Customer

### ■ CCMH FOUNDATION

# WINE AND BEER TASTING FUNDRAISER

## CHEERS TO SUMMER!

6pm, Thursday, June 14, 2018  
Oldenburg House  
604 Chestnut Ave.  
Carlton, Minnesota

Tickets are \$25 per person before June 7 and \$30 after, including at the door.

Watch for your invitation in the mail and return your RSVP in the enclosed envelope. You may also RSVP to Gail Salo at 218-878-7028 by Thursday, June 7.

All proceeds will be used to support CMH and Sunnyside Health Care Center.

Join us for an evening of food, fun and giving!



# HealthWire



**“We consider primary care a key aspect of good health for individuals and communities.”**

— RICK BREUER, CEO/ADMINISTRATOR

CMH Family Clinic is located in the Specialty Clinic on the first floor, across from the information desk.

THE CLINIC IS NOW ACCEPTING PATIENTS.  
CALL 218-878-7626 TO MAKE AN APPOINTMENT.

## CMH unveils new family medicine clinic

**OBSTETRIC SERVICES REPRESENT A VITAL COMPONENT OF PRIMARY CARE PRACTICE.**

In order to preserve and enhance access to obstetrics and other women's health services, CMH is happy to announce the opening of CMH Family Clinic.

We have hired four family practice physicians who will be joining us over the next year, including Dr. Kathryn Dobbs—the first to come onboard. These physicians will be equipped to provide a full spectrum of care for patients of all ages, but are especially excited to see moms and moms-to-be.

“We consider primary care access a key aspect of good health for individuals and communities,” says Rick Breuer, CEO of Community Memorial Hospital. “We are proud to be serving Cloquet and the surrounding area in this way.”

All four will be fully credentialed to perform the full scope of care you could expect from a family physician, including caesarean sections and inpatient pediatric care. Specifically, family medicine physicians offer the following benefits:

- They cultivate relationships of trust by exploring all aspects of your well-being.
- They are familiar with your personal and family medical history.
- They provide a broad spectrum of care from preventative services, to treatments and procedures.
- They give referrals to specialists as needed.

We know you will love our new physicians as much as we do! **CMH**



### CHILDBIRTH EDUCATION CLASSES

Would you like to attend a Childbirth Education class? Please contact Stef Gunelson, RN at 218-343-6077 for more information and to schedule.

**CMH**  
Community  
Memorial Hospital



## SHCC embraces music therapy

**S**UNNYSIDE HEALTH CARE CENTER IS PROUD TO BE the only MUSIC & MEMORY® Certified Care organization in Northeastern Minnesota. Our certification grants SHCC residents access to the therapeutic benefits of music, and reinforces our nursing home's commitment to person-centered care.



Kelly Bailey, Occupational Therapy Assistant in the Life Engagement program, assists SHCC resident Lyle "Bud" Twite.

Studies have shown that familiar music activates brain regions linked to memory and emotion. For this reason, it's not unusual to see Sunnyside residents sporting headphones and tapping their feet to the beat of their favorite tunes.

"Think of it like this: a familiar old song serves as a soundtrack for a mental movie that starts in our head when we hear it," says Laurie Korby, Director of Life Engagement at SHCC. "Our brain calls up memories of a particular person or place. I like to think that when we put the headphones on our residents with dementia, we're giving them the opportunity to see the faces of loved ones in their mind's eye."

SHCC staff members create custom playlists for residents based on information their families have shared. For more information on the program, or to donate a used Apple product, please call 218-878-7649. **CMH**

## Puumala family donates piano

**L**ong-time members of the medical community, the Puumala family has generously donated their piano to CMH/SHCC. Visitors can find the instrument on the first floor, across from the gift shop near the elevators.

Family practice physician Victoria Puumala Heren loves hearing the music as she moves through the hospital. We are honored to house a treasured family heirloom here at CMH. **CMH**

## CCMH Foundation welcomes new Executive Director

**T**he Cloquet Community Memorial Hospital Foundation has hired Elizabeth Simonson as its new Executive Director. Elizabeth is replacing Judy Poss, who retired after five years in the position.

Elizabeth, who received a bachelor's degree



in Management from the College of St. Scholastica, has worked in development for 22 years—most recently as the Executive Director of Development at her alma mater. She was previously employed at Lutheran Social Services of Minnesota and St. Luke's Foundation.

"I am so excited to start at the hospital. My heart has always longed to be back in the health care setting," says Simonson. "I hear such wonderful things about both the hospital and the community, and I look forward to working with the entire community to advance the mission of the hospital."

Foundation President John Riihilouma is eager to work with Elizabeth. He also has high praise for Judy Poss, and says she took the organization to a new level during her tenure.

"We are grateful for her service, and found her passion for people and CMH so real and infectious."

Welcome, Elizabeth, to the CCMH Foundation! **CMH**



**f** If you haven't found us on Facebook yet, enter "Cloquet Community Memorial Hospital" in the FB search box. We're posting about hospital and Sunnyside events, workshops, new staff, health tips and more. "Like us" and you'll receive our posts in your daily news feed.



Easton Oslin and his mother K. Karulak interact during a CMH speech therapy session.

## Children invited to continue speech therapy over the summer

**S**chool is almost out—and CMH offers medically-based speech therapy services all summer long! With our individualized treatment plans, we help fine-tune the speech and language skills that students work on throughout the year. Please contact Speech Therapy for more information. Physical and occupational therapy are also available. **Speech Therapy:** 218-878-7010; **Occupational Therapy:** 218-878-7040; **Physical Therapy:** 218-878-7026 **CMH**

## Living on the Border with Pre-Diabetes

Start now to delay or prevent type 2 diabetes

**NEXT WORKSHOP**  
→ **TUESDAY**  
**JUNE 5, 2018**  
**9am–12pm**

\$20 registration fee

Workshop held in CMH classrooms

**Have you been diagnosed with pre-diabetes?** The good news is you can make changes now that can delay or even prevent the onset of type 2 diabetes. Taught by certified diabetes instructors, the workshop is open to anyone who would like to learn more about pre-diabetes. **Call 218-878-7661 to register.**

Can't make the workshop on June 5? Join us on September 11 (1-4pm) or November 13 (3-6pm) instead.

## 94-year-old Chanhassen woman donates teddy bears to CMH

**D**espite her distance from Cloquet, Beverly McMillan has a special connection to CMH.



The widow of a former CMH administrator, Ed McMillan, has spent the past 15 years crafting more than 70 teddy bears for new mothers in our nursery.

“It gives me a lot of satisfaction to know that I can do something for somebody else,” she says.

Beverly is doing a world of good for youth in our area and across the globe. In her spare time, she also knits sweaters for World Vision, an international humanitarian charity. Thank you, Beverly, for your generosity at CMH and beyond.

## Advanced Wound Clinic

Let us help you heal

**T**he Advanced Wound Clinic at CMH treats non-healing wounds with exceptional care. No physician referral is needed to make an appointment.

Staffed with physician specialists, wound care nurses and other experts, the center features two hyperbaric oxygen chambers for patient use. **Call 218-878-7601 to make an appointment. Open M–F, 8am to 4:30pm.**

